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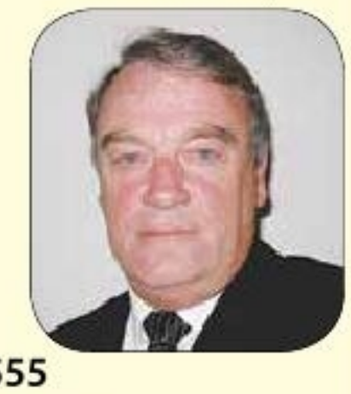

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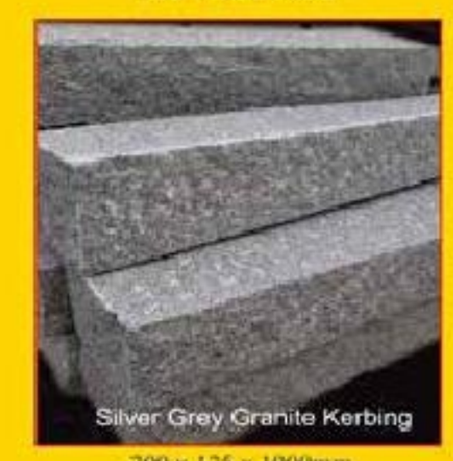

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The 2015 Irish Open took place on our very own doorstep last May with Royal County Down, Newcastle, playing host to one of the fastest growing events on the European Tour calendar. The event provided a fantastic opportunity for some of the junior golf members from Kellys Golf Centre, The Avenue, Milltown Street, Burren, to get up close to their heroes and see some of the best golfers in the world in the flesh.

Congratulations to Michael Walker, pictured left, who won the Kellys Golf Centre, "Best photograph taken at the Irish Open Competition" in May.

Unfortunately, for those who travelled to watch over the weekend there was a great absence left in the wake of Rory McIlroy and the other Irish representatives who failed to mount a real serious challenge. Nevertheless, this did not deter the large crowds who attended, and those who stayed around on Sunday were treated to an exciting climax where a three way play off resulted in Kjeldsen holding aloft the Waterford Crystal trophy.

Kellys Golf Centre were well represented at this prestigious event. They had a stall in the Newry and Mourne Ring of Gullion tent where they handed out flyers promoting their Junior Summer Camps and their resident PGA Coach, Dougie Bell, spent the week giving short lessons to men, women and children.

With many of the juniors in the Down area sampling the European Tour at such close quarters, it is hoped that they would be inspired to chase their own golfing aspirations. In this respect, the well established Junior Summer Camps at Kellys Golf Centre is the perfect environment for children to develop their golfing skills; where Dougie and his assistants create an introduction to golf in a fun and friendly way with games, competitions and prizes, while working through a series of levels to improve your child's game. These Summer Camps are always well attended and this year they will be running on 6th-9th, 27th-30th July and 17th-20th August.

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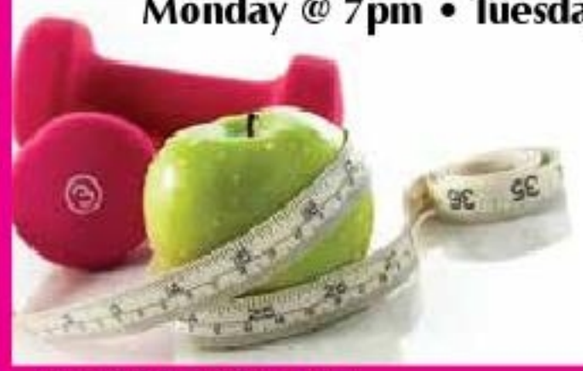

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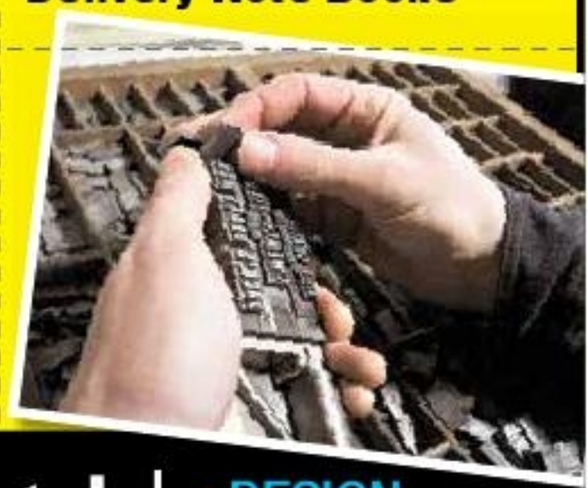

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In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. The simple things such as driving, reading, anything up close, seeing anything in the distance really also, was becoming impossible without either my glasses or contact lenses.

I had considered getting Laser Eye Treatment for some time, but had never gotten around to finding out some more about it - until a friend of mine recommended Optilase, right in front of the Belfast City Hall.

The Clinic at Optilase is more like a five Star Hotel and I was so at ease - and being right in front of the City hall, it was also very handy to call in and ask some questions.

After hearing that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe, I felt very reassured with taking such a big decision in 'letting' someone at my eyes - so I booked my Free Consultation.

Fortunately, I had already done my homework online, through mainly their website, and its clear to see that Optilase spare no expense with not only their Lifetime Aftercare Guarantee, the most experienced Surgeon in Ireland and UK (by number of completed treatments) and also with the Lasers they use are the most highly recommended Laser in the world (The Schwind Amaris for you geeks out there... !)

I felt completely reassured and at ease throughout my whole consultation - I spent the whole hour with only Grainne, who I must really commend on her knowledge and professionalism (and the coffee was great..!!)

The treatment would give me my near and distance vision and would do away with glasses altogether!

Optilase are very selective about who they treat - Grainne explained to me that although the Laser and equipment is able to treat a huge range of prescriptions, the parameters at Optilase are much tighter to really give each and every Patient the absolute optimum results possible.

By now I really wanted it done and I was shown the potential about how good my Vision could be afterwards. I opted for the KAMRA Treatment, with laser - exactly as the Surgeon and Grainne had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!

So two weeks later the big day came - and I approached this with some confidence, though still a little nervous.

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. Wayne was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none and just brilliant.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic.

There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were watering all the way home and I had to wear black sunglasses to protect my eyes, though the staff did advise me that I would be light sensitive straight away as my 'New Eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that one). If I had some advice for anyone out there who wears specs, get it done - and get it done now! If only I had it done years ago..... !!

My advice? Visit Optilase and find out if you can have it done - if you are suitable, find a way to have Treatment. It will change your life forever..... I'm glad I did!! For more information call Optilase on 08000 121 565 or 04890 438397. www.optilase.com.

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Country Carpets & Furniture Store

Where Quality Meets Value

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Sizzling Savings this July

PINE BEDROOM PACKAGE

Wardrobe,
4 Drawer Chest &
3 Door Locker

Was £499
Now only **£249**

4 Drawer Chest
only **£49**

BEDROOM SPECIALS

JUST ARRIVED!
Our Superb New High Gloss Bedroom Range!

Available in the following colour combinations: White, Cream, Black, Black & White, Black & Cream, Walnut & Black, Walnut & Cream, Walnut & White

Visit our showroom for a great deal and view this magnificent range.

WOODEN FLOORS

END OF LINE CLEARANCE EVENT
Laminate Flooring from only **£3.99** sq.yd.
Cash & Carry Flooring Only

SPECIAL:
Just arrived: 8mm V Groove Quality Flooring
only **£8.99** sq yd
Cash & Carry including Foam Underlay.

CARPET & VINYL

Quality new vinyl range just arrived!

Vinyls from **£3.99** sq.yd fitted

Also High Gloss Vinyls
Were £14.99
Now only **£8.99** sq.yd fitted

NEW AXMINSTER RANGE JUST ARRIVED
Was £38.95 sq. yd. Now only **£22.95** sq. yd. fitted Includes underlay and fitting

SUITES

3+1+1 Leather Suites with 2 Recliners.
Available in Black, Oxblood and Brown.
Was £999 ~ Now only **£499**

DINING

Solid oak 6ft Table & 6 Leather Chairs
available in Black, Brown, Cream or Red.
WAS £1099 NOW ONLY **£595**
Also available in 5ft only **£499**

BEDS

Biggest Stockists of Beds & Mattresses in this area

REST EASY WITH OUR NEXT-DAY DELIVERY ON ALL BEDS IN STOCK!

BED SPECIAL:
Single Divan with headboard
only **£89**
Double Divan with headboard
only **£129**

ROBE SPECIAL

New Buckingham range available in white, walnut and beech.

Available in 6' **£425**, 6'6" **£495** and 7'6" **£595**

Chests and Lockers available to match.

NO DELIVERY CHARGE
FREE ASSEMBLY!

FINANCE AVAILABLE SUBJECT TO STATUS
Ask in-store for details

KIDS

White & Pine Mars Children's Bunk including Mattresses

Was £249

Now **£199**

Delivered and Assembled!

CHAIR SPECIAL

Was £89

Now only **£49**

Blended Leather
Only in Black

WE WON'T BE BEATEN ON PRICE - YOU'VE TRIED THE REST - NOW TRY THE BEST!

HOGGS FURNITURE CENTRE

Summer Sale Now On

Big Brands at Sale Prices:

G Plan, Natuzzi, Myers, Relyon, Tempur, Frank Hudson, Mark Webster

Savings of up to 70% OFF

* LIMITED STOCK OFFERS:

Brown Leather 3-seater Suite
Was £3299.00
SALE
£989.00

100% Pure Wool Rug (170cm x 240cm)
Was £399.00
SALE
£99.00

Double Divan Bed
Was £699.00
SALE
£199.00

Tempur Kingsize Sensation Mattress
Was £2549.00
SALE
£765.00

Solid Oak Sideboard (Marked)
Was £1599.00
SALE
£199.00

Black Marble Lamp Table
Was £320.00
SALE
£95.00

PLUS MANY MORE ½ PRICE OFFERS

** Hoggs Furniture Centre Est. 1910 - 'A Century of Service'*

HOGGS FURNITURE CENTRE

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7 Tandragee Road, Newry BT35 6QE

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Open Monday - Saturday 9.00am - 5.30pm

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- **Full range of MTB body armour and full faced helmets**
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Up to **70% off** selected bikes and clothing

Fantastic Chance to get a real bargain

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FREE

Lounge carpet with every suite of furniture purchased

FREE

Bedroom carpet with every FULL bedroom range purchased

Free fitting on all carpets, free measuring & estimates
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Only at Ted's Ted's Ted's Ted's

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BRING YOUR DOG TO PLAY, EXERCISE AND MEET NEW FRIENDS AT OUR NEW INDOOR & OUTDOOR DOG PARK

Private Appointments & Group Bookings Available

Tea / Coffee & Refreshments

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- GREAT FOR -

• EXERCISING • SOCIALISING & CONFIDENCE BUILDING • LEARNING NEW SKILLS & TRICKS
• INTERACTING & BONDING WITH YOUR DOG • AGILITY • PLAYDAYS IN A SAFE & SECURE ENVIRONMENT

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The Wood Floor Shop

WE SUPPLY AND FIT:

● LAMINATE ● SEMI SOLID ● SOLID TIMBER FLOORS

THIS MONTH'S SPECIAL OFFERS:

7mm V-Groove Albany Oak	12mm Oak Laminate	3 Strip Semi-Solid Oak
£6.99 yd² including VAT	£9.99 yd² including VAT	£12.49 yd² including VAT

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Tel: 028 3025 1802

Email: tony@gfsni.com ● Website: www.gfsni.com

EUROPA DIVERSA

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

COMMUNITIES TOGETHER PROGRAMME

CALL FOR MENTORS

MEET AND ASSIST PEOPLE FROM ACROSS THE WORLD

The Europa Diversa Project is inviting people to become a host volunteer/mentor for our Communities Together Programme for adults and families. The Programme is a friendship programme designed to match local residents with people from different ethnic backgrounds helping them to successfully settle into the community and to practice English.

As a host volunteer/mentor, you become a guide to life in your community. In return, you open a whole new world of friendship and opportunity. It's an exciting chance to learn about different cultures and make new friends, to travel the world without leaving the country, and to help people from different ethnic backgrounds feel more at home here.

Associated expenses will be covered by the Programme.

If you would like more information or want to join the Communities Together Programme please contact Justyna McCabe on 028 3031 3189 or e-mail europadiversa@newryandmourne.gov.uk

This project and its actions were made possible due to co-financing by the European Fund for the Integration for Third-Country Nationals

EUROPA DIVERSA

Are you originally from outside the European Union?

Have you arrived in the UK less than 10 years ago?

If yes, would like to invite you to take part in our projects:

Communities Together Programme

You will be matched with a mentor and together decide how you would like to spend your weekly time together and when/where you would like to meet.

The programme can help you get used to life here by:

- Showing you how to find and access local services or giving you help with things you need to do.
- Discovering local places of interest together.
- Helping you learn about everyday life and other people in the community.
- Helping you learn English though help with day-to-day activities and sharing conversation.
- Organising social events or sharing conversation.
- In return - have the opportunity to share your own culture.

Shadowing Programme

Would you be interested in how the local government works?

Would you like to shadow a local Councillor?

Would you like to attend local government events and meetings?

If yes, you will be paired with a local councillor who will introduce you to the work of local government and elected members.

If you would like more information please contact us on 028 3031 3189
E-mail **europadiversa@newryandmourne.gov.uk**

www.europa-diversa.org

The project and its actions were made possible due to co-financing by the European Fund for the Integration of Third-Country Nationals.

EUROPA DIVERSA

Вы гражданин неевросоюза?

Вы приехали в Великобританию меньше 10и лет назад?

Если Вы ответили положительно да оба вопроса, Вы приглашены принять участие в наших проектах:

«Сообщества вместе»

Вам будет предоставлен наставник/куратор, и вместе вы сможете решить, как бы вы хотели проводить свой досуг, когда/где встречаться.

Данная программа «Сообщества вместе» может помочь вам освоиться на новом месте посредством

- Показать Вам, как найти и получить доступ к услугам по вашему месту жительства и ответить на интересующие Вас вопросы.
- Увидеть местные достопримечательности.
- Помочь Вам познакомиться с другими людьми и узнать что-то новое о жизни в Северной Ирландии.
- Помочь в изучении английского языка на практике.
- Совместно организовать культурно-развлекательные программы и посетить общественные мероприятия.
- В свою очередь, рассказать о культуре и традициях своей страны.

«Теневая программа»

Вам интересно, как работает местное управление?

Хотели бы Вы проследить за работой члена совета?

Хотели бы Вы побывать на встречах правительства?

Если да, то Вы будет работать в паре с членом совета, который познакомит вас с работой и структурой местного правительства.

За более подробной информацией обращайтесь по телефону 028 3031 3189

Электронная почта **europadiversa@newryandmourne.gov.uk**

www.europa-diversa.org

Проект и его действия осуществляются благодаря софинансированию Европейского Фонда Интеграции Граждан Третьего Мира

EUROPA DIVERSA

نیوری اور مورن (Newry and Mourne) اضلاع کی کونسل آپ کو ہمارے نئے منصوبہ جات میں حصہ لینے کیلئے مدعو کرتی ہے۔

کمیونٹیز ایک ساتھ پروگرام

کیا آپ اصل میں یورپی یونین کے باہر سے تعلق رکھتے ہیں؟

کیا آپ کو برطانیہ میں پہنچے ہوئے 10 سال سے کم کا عرصہ ہوا ہے؟

کیا آپ اپنے نئے گھر (ملک) کے بارے میں مزید معلومات حاصل کرنا چاہتے ہیں؟

اس کے بعد، ہمارے نئے پروگرام میں شامل ہوں۔ آپ کی ایک استاد کے ساتھ شناسائی کرائی جائے گی اور ان سے مل کر فیصلہ کریں کہ اکٹھے کس طرح اپنا ہفتہ وار وقت بسر کریں گے اور آپ کب/کہاں ملنا چاہیں گے۔

پروگرام آپ کو یہاں کی زندگی کا عادی بنانے میں مدد کیلئے استعمال کیا جا سکتا ہے:

- آپ کو دکھاتے ہوئے کہ مقامی خدمات کیسے تلاش کریں اور رسائی حاصل کریں یا آپ کو ان امور میں مدد دینا جن میں آپ کو مدد کی ضرورت ہے۔
- دلچسپی کی مقامی جگہیں دریافت کرنا۔
- روزمرہ کی زندگی کے بارے میں سیکھنے میں آپ اور کمیونٹی میں موجود دیگر لوگوں کی مدد کرنا۔
- روز مرہ کی سرگرمیوں اور اشتراکی بات چیت کے ساتھ مدد کے ذریعے انگریزی سیکھنے میں مدد کرنا۔
- سماجی تقریبات کا اہتمام کرنا یا سماجی مواقعوں پر مل جل کر اشتراک کرنا۔
- بدلے میں اپنی خود کی ثقافت کے اشتراک کا موقع حاصل کرنا۔

عملی طور پر سیکھنے کا پروگرام

کیا آپ اس میں دلچسپی لینا چاہیں گے کہ مقامی حکومت کیسے کام کرتی ہے؟
کیا آپ ایک مقامی کونسلر کے عملی امور سیکھنا چاہیں گے؟
کیا آپ مقامی حکومت کے ایونٹس اور اجلاس میں شرکت کرنا چاہیں گے؟

اگر ہاں، تو آپ کو ایک مقامی کونسلر کے ساتھ منسلک کیا جائے گا جو آپ کو مقامی حکومت اور منتخب شدہ اراکین کے امور کار سے متعارف کرائے گا۔

چنانچہ، اگر آپ مزید معلومات چاہتے ہیں یا کمیونٹیز ایک ساتھ پروگرام میں شامل ہونا چاہتے ہیں تو براہ مہربانی Justyna McCabe سے 02830313189 پر رابطہ کریں یا ای میل کریں
uk.justyna.mccabe@newryandmourne.gov

EUROPA DIVERSA

纽里（Newry）与摩恩（Mourne）市政厅诚邀您参加我们的新项目：

社区协助计划

您是否来自非欧盟成员国家？

您是否是在最近十年内来到英国的？

您是否想更加了解您的新家（国家）？

那么，加入我们的新计划吧！我们将会为您分配一位导师与您每周见面。他/她将与你共同决定你们每周的活动与见面的时间和地点。

该计划将会通过以下项目帮助您适应在这里的生活：

- 帮助您了解并使用公共服务或为您提供其它帮助。
- 与你一同发现当地有意思的地方。
- 帮助您更加熟悉这里的日常生活和社区当中的其他成员。
- 通过日常活动帮助您学习并提您的英语能力。
- 同您一同组织并参加社交活动。
- 同时，您将有机会同他人分享您家乡的文化。

观摩项目

您对地方政府运作的方式感兴趣吗？

您想观摩一位市政厅议员是如何工作的吗？

您想出席地方政府活动与会议吗？

如果您的回答是肯定的，您将与一位市政厅议员配成一对。议员将会向您介绍地方政府是如何运作的及市政厅当选的议员。

如果您希望了解更多信息或想加入我们的社区协助计划，请联系贾斯蒂娜•麦卡比（**Justyna McCabe**）。她的电话号码是**028 3031 3189**，她的电子邮箱是**justyna.mccabe@newryandmourne.gov.uk**

EUROPA DIVERSA

Newry, Mourne and Down District Council

न्यूरी (**Newry**) और मॉरनी (**Mourne**) डिस्ट्रिक्ट काउंसिल्स हमारी नई परियोजनाओं में आपको आमंत्रित करना चाहते हैं:
कम्यूनिटीज टूगेदर प्रोग्राम

क्या आप मूल रूप से यूरोपीय संघ से बाहर के हैं?

क्या आप पिछले **10** वर्षों में यूके में आए हैं?

क्या आप अपने नए घर (देश) के बारे में और अधिक जानना चाहेंगे?

यदि हाँ तो हमारे नए कार्यक्रम से जुड़ें। आपको एक मेंटर से मिलाया जाएगा जिसके साथ मिलकर आप फैसला करेंगे कि आप अपना साप्ताहिक समय एक साथ कैसे गुजारना चाहेंगे और कब/कहाँ मिलना चाहेंगे।

यह कार्यक्रम आपको निम्नलिखित जानकारी देकर यहाँ के जीवन की आदत डालने में सहायता करेगा:

- स्थानीय सेवाओं को कैसे प्राप्तकिया जाए और उन तक कैसे पहुंचे या आपकी आवश्यकता के अनुसार चीजों को प्राप्त करने में सहायता
- रुचि वाली स्थानीय जगहों को मिलजुलकर ढूंढना
- रोजमर्रा की जिंदगी और समुदाय के दूसरे लोगों के बारे में जानने में आपकी सहायता
- रोजमर्रा की गतिविधियों और बातचीत साझा करने में सहायता के माध्यम से अंग्रेजी सीखने में सहायता
- सामाजिक कार्यक्रमों का आयोजन करना या सामाजिक अवसरों को मिलजुल कर साझा करना
- बदले में – अपनी संस्कृति को साझा करने का अवसर पाएं

शैडोविंग प्रोग्राम **(Shadowing Programme)**

क्या आप यह जानने में रुचि रखते हैं कि स्थानीय सरकार कैसे काम करती है?

क्या आप किसी स्थानीय काउंसिलर का शैडो (सहायक) बनना चाहेंगे?

क्या आप स्थानीय सरकार के कार्यक्रमों तथा बैठकों में भाग लेना चाहेंगे?

यदि हाँ, तो आपको एक स्थानीय काउंसिलर के साथ सम्बद्ध किया जाएगा जो आपको स्थानीय सरकार और निर्वाचित सदस्यों के कामकाज से परिचित कराएंगे।

यदि आप और अधिक जानकारी चाहते हैं या कम्यूनिटीज टूगेदर प्रोग्राम से जुड़ना चाहते हैं तो कृपया **Justyna McCabe** से **028 3031 3189** पर संपर्क करें या **justyna.mccabe@newryandmourne.gov.uk** को ईमेल भेजें।

EUROPA DIVERSA

Newry, Mourne and Down District Council

مجلس ن ييدددعووك ك مقاططعة نيووررك ي ووموورررن للمشاررركة في مقاططعة نيووررك ي ووموورررن نيووررك ي ووموورررن للمشاررركة في نيووررك ي ووموورررن للمشاررركة في নিউরি (Newry) এবং মাণ (Mourne) ডি কাউ লের স থকে আমাদের নতু ন াগে আপনাকে অংশ হণের জন আম ণ জানা :

কমিউনি স ট্রগদার I ম

আপনি কি কৃতপ ইউরোপিয়ান ইউনিয়নের বাইরে থকে এসেছেন?
আপনি কি ১০ বছরের কম সময়ের আগে থকে ইউকে- ত এসেছেন?
আপনি কি আপনার নতু গৃহ (দশ) স ে আরো বশী কিছু জানতে চান?

তাহল আমাদের এই নতু I াম যাগদান ক ন। আপনি একজন ম ারের সা মিলিত হবেন এবং একসাথে সি I নবেন য আপনার সা াহিক সময় লি আপনি একসাথে কীভাবে কাটাবেন ও কাযায়/কথন থা করতে চাইবেন।

এখান এই I াম আপনি কীভাবে জীবন কাটাবেন সই বিষয়ে সাহায করতে পার:

- ানীয় পরিষেবা লি কীভাবে খুঁজে পাবেন এবং ব বহার করবেন তা দখাবে ও আপনার যা যা করবার যোজন স লি কীভাবে করবেন সই বিষয়ে সাহায করবে।
- ানীয় য জায়গা লি আন দায়ক স লি একসাথে আবি ার করবেন।
- আপনার নিত নৈমি ক জীবন ও আপনার স দায়ের অন ান দের স I জানতে আপনাকে সাহায করবে।
- আপনার তিদিনকার কমকা ার মধ দিয়ে ও অন দের সাথে কথোপকথনের মাধ মে আপনাকে ইংরাজি শিখতে সাহায করবে।
- সামাজিক বিভি কমকা সংগ ত করা বা সামাজিক বিভি অনু ান লি একসাথে সকলের সাথে ভাগ করে নওয়া।
- তার বদল – আপনি আপনার নিজ সং ৃতি অন দের সাথে ভাগাভাগি করে নওয়ার সুযোগ পাবেন।

শ াডোয়িং I াম (Shadowing Programme)
ানীয় য় শাসিত সরকার কীভাবে কাজ করে সই বিষয়ে জানতে আপনি কি আ হী হবেন?
আপনি কি একজন কাউ লারের সহায়ক হতে চাইবেন?
আপনি কী ানীয় য় শাসিত সরকারের বিভি সভা লিতে এবং ইভ লিতে অংশ হণ করতে চাইবেন?

এ লির উ র যদি হ াঁ হয়, আপনাকে একজন ানীয় কাউ লারের সা জুড় বাঁধ দওয়া হবে যিনি আপনাকে ানীয় য় শাসিত সরকারের বিভি কাজ এবং নিবাচিত তিনিধিদের সা পরিচিত করাবেন।

আপনি যদি এই বিষয়ে বিশদে জানতে চান বা কমিউনি স ট্রগদার I াম যাগদান করতে চান সা I অনু হ করে যাগাযোগ ক ন **Justyna McCabe** –এর সা ০২৮ **028 3031 3189** এই ন ারে বা ইমেল পাঠান **justyna.mccabe@newryandmourne.gov.uk** এই কানায়।

EUROPA DIVERSA

Newry, Mourne and Down District Council

يددعووك مجلس س مقاططعة نيووررك ي ووموورررن للمشاررركة في مشرروعاتنا
االجددييددة:

برنامج ترابط المجتمعات

(Communities Together Programme)

هل أنت في الأساس من دولة تقع خارج الاتحاد الأوروبي؟
هل تعيش في المملكة المتحدة مدة أقل من 10 أعوام؟
هل ترغب في معرفة مزيد من المعلومات عن بيتك (دولتك) الجديدة؟
إذا، انضم إلى برنامجنا الجديد، وستقابل أحد مرشدينا وتقرر معه كيف ترغب في قضاء وقتك الأسبوعي كما ستحدد الموعد والمكان الذي تريده للمقابلة.
يمكن أن يساعدك البرنامج على التعود على المعيشة في المملكة المتحدة عن طريق:

- عرض كيفية العثور على الخدمات المحلية والوصول إليها أو المساعدة في الأمور التي ترغب في القيام بها.
- اكتشاف الأماكن المحلية ذات الأهمية معًا.
- المساعدة في التعرف على الحياة اليومية والأفراد الآخرين في المجتمع.
- مساعدتك في تعلم اللغة الإنجليزية عن طريق المساعدة في الأنشطة اليومية وتبادل المحادثة.
- تنظيم الفعاليات الاجتماعية أو المشاركة في المناسبات الاجتماعية معًا.
- في المقابل، لديك الفرصة في تبادل ثقافتك الخاصة.
-

(Shadowing Programme) التظليل برنامج
الحكومة المحلية؟ كيفية عمل في هل تكون مهتمة
المحلي؟ والمستشار الظل هل ترغب في
الحكومية المحلية؟ والاجتماعات حضور المناسبات هل ترغب في
الحكومة المحلية سوف أعرض لكم لعمل الذي المجلس المحلي إرفاقها مع إذا كان الجواب نعم، هل سيتم منتخبين وأعضاء

إذا كنت تريد مزيد من المعلومات أو إذا كنت ترغب في الانضمام إلى برنامج ترابط المجتمعات تواصل مع Justyna McCabe على رقم التليفون 02830313189والبريد الإلكتروني justyna.mccabe@newryandmourne.gov.uk

EUROPA DIVERSA

Newry, Mourne and Down District Council

Newryและ Mourne
สภาตำบลอยากจะขอเชิญคุณเพื่อมีส่วนร่วมในโครงการใหม่ของเรา

Communities Together Programme

คุณมีพื้นเพมาจากนอกสหภาพยุโรป

น้อยกว่า 10 ปีที่แล้ว คุณเคยมาเยือนยังสหราชอาณาจักร

คุณชอบที่จะหาข้อมูลเพิ่มเติมเกี่ยวกับบ้านใหม่ของคุณ (ประเทศ)?

จากนั้นเข้าร่วมโครงการใหม่ของเรา คุณจะได้รับการจับคู่กับผู้ให้คำปรึกษาและร่วมกันตัดสินใจว่าคุณต้องการที่จะใช้เวลาร่วมกันรายสัปดาห์ของคุณและเมื่อ / ที่คุณอยากจะพบ

โปรแกรมจะช่วยให้คุณได้ใช้ชีวิตที่นี่โดย:

- แสดงวิธีการค้นหาและเข้าถึงบริการท้องถิ่นหรือช่วยให้คุณกับสิ่งที่คุณต้องทำ
- การค้นพบสถานที่ในท้องถิ่นที่น่าสนใจร่วมกัน
- ช่วยให้คุณเรียนรู้เกี่ยวกับชีวิตประจำวันและคนอื่น ในชุมชน
- ช่วยให้คุณเรียนรู้ภาษาอังกฤษผ่านความช่วยเหลือกับกิจกรรมวันต่อวันและการสนทนาร่วมกัน
- จัดกิจกรรมทางสังคมหรือแบ่งปันโอกาสทางสังคมร่วมกัน
- ในทางกลับกัน - มีโอกาสที่จะแบ่งปันวัฒนธรรมของคุณเอง

โปรแกรม Shadow
คุณจะให้ความสนใจในวิธีการที่รัฐบาลท้องถิ่นทำงานอย่างไร
คุณต้องการที่จะติดตามสมาชิกสภาท้องถิ่น
คุณต้องการที่จะเข้าร่วมกิจกรรมและการประชุมของรัฐบาลท้องถิ่น?
ถ้าใช่
คุณจะได้รับการจับคู่ร่วมกับสมาชิกสภาท้องถิ่นที่จะแนะนำคุณกับการทำงานของรัฐบาลท้องถิ่นและสมาชิกได้รับการเลือกตั้ง

หากท่านต้องการข้อมูลเพิ่มเติมหรือต้องการเข้าร่วม *Communities Together Programme* กรุณาติดต่อ *Justyna McCabe* ที่ *028 3031 3189* *e-mail justyna.mccabe@newryandmourne.gov.uk*

EUROPA DIVERSA

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

Newry and Mourne Ethnic Minority Support Centre

Newry Town Hall, Bank Parade, Newry BT35 6HR • Tel: 028 3025 2544
E-mail: ethnicsupport@newryandmourne.gov.uk

The Centre offers information on issues such as rights, benefits, education, housing, vehicles, etc., signposting to relevant agencies, advice clinics, information meetings, opportunity to network with people from different countries and outreach service to local areas.

Opening Hours: Monday, Wednesday 9.00am - 12.00noon and 1.00pm - 5.00pm. Tuesday 2.00pm - 5.00pm (by appointment); Thursday 2.00pm - 7.00pm (by appointment); Friday - closed.

EVERYBODY WELCOME

Free and confidential interpreting available.

(Ethnic Minority Support Centre) المركز الدعم للأقليات العرقية
Town Hall
Bank Parade
Newry BT35 6HR
هاتف: 028 3025 2544

एथनिक माइनॉरिटी सपोर्ट सेंटर (Ethnic Minority Support Centre)
टाउन हॉल (Town Hall)
Bank Parade
Newry BT35 6HR
टेली.: 028 3025 2544

Ethnic Minority Support Centre（少数民族支持中心）
Town Hall（市政厅）
Bank Parade
Newry（纽里）
邮编：BT35 6HR
电话：028 3025 2544

এথনিক মাইনরিটি সাপোর্ট সেন্টার (Ethnic Minority Support Centre)
টাউন হল (Town Hall)
Bank Parade
Newry BT35 6HR
টেলিফোন নম্বর: 028 3025 2544

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Town Hall
Bank Parade
Newry BT35 6HR
โทรศัพท์: **028 3025 2544**

(Ethnic Minority Support Centre) سینٹر معاونت اقلیتی نسلی
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The Newry Clinic

THE NEWRY CLINIC

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708
Fax: 028 3026 6291
Email: **appointments@newryclinic.com**

New Private E.N.T Medical Services available at The Newry Clinic

Open Monday to Friday

Ear, Nose & Throat CLINIC

New E.N.T Service available to both adults and children

Here at The Newry Clinic we pride ourselves on being able to help patients with a variety of illnesses affecting the ear, nose, throat, head or neck by providing both diagnosis and a range of treatments on our premises. There is no need for lengthy referrals to other medical facilities as comprehensive ENT care is now available in our clinic

The clinic offers a range of treatments including

- **Ear wax removal from £60 stg**
- **Hearing Tests from £50 stg**

If you are tired of waiting for an appointment contact us and see how quickly you can be seen and treated.

All of our services are provided by experienced senior staff.

The Newry Clinic

THE NEWRY CLINIC

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708

Open Monday to Friday
Evening & Saturday Morning Clinics Available

Pregnancy Ultrasound Scans from £70/€90
Gender Scans £80/€110

The Newry Clinic, are delighted to offer expectant mothers the early pregnancy scan, gender scan, fetal anomaly scan and nuchal translucency scan.

The clinic is taking bookings for alternate Saturdays and one evening per week. Please book by phoning us on 028 30257708.

You can self-refer to The Newry Clinic and do not need a doctors letter for most of the scans. A referral letter is required for the fetal anomaly scan.

An early pregnancy scan can be performed from 6 weeks, but ideally from 8 weeks of pregnancy until 14 weeks of pregnancy. The early pregnancy scan takes approximately 10/15 minutes. Our experienced sonographers will check for a heartbeat (which is the best indicator of a healthy baby at this stage), measure the baby and confirm your expected due date, and check for twins or multiples. At 8 weeks, the baby is still very small and shaped like a bean, whereas by 11/12 weeks gestation, the arms, legs and head are more visible on the scan. Clients will receive several 2D black and white prints of the scan.

The Newry Clinic performs gender scans from 20 weeks of pregnancy. The gender scan takes approximately 15 minutes. If the baby is in a good position, it takes only a few minutes to check the sex, so the remainder of the scan allows parents to have a good look at their baby. Clients will receive several prints of the scan to take home with them. If the baby is not in a good position to assess the gender, the sonographer will ask you to come back for a repeat appointment to recheck the sex again at no extra charge.

The Newry Clinic

THE NEWRY CLINIC

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708
Fax: 028 3026 6291
Email: **appointments@newryclinic.com**

Private medical services based at The Newry Clinic

Open Monday to Friday

If you are tired of waiting for an appointment, contact us and see how quickly you can be seen and treated.

- **E.N.T. Clinics for adults and children**
- **Hearing Tests / Ear Wax Removal Clinic**
- **Ophthalmic Services**
- **Renal Medicine**
- **General Medicine / Gastro-Intestinal Clinics**
- **General Surgical Clinics / Bowel Clinics**
- **Orthopaedics' & Joint Injections**
- **Gynaecology / Family Planning**
- **Speech and Language Therapy**
- **C.B.T. Counselling Clinic / Relationship Counselling**
- **Endocrinology / Diabetic Clinic / Dietician Clinics**
- **Medical Cosmetic Clinic**

All of our services are provided by experienced senior medical staff.

The Newry Clinic

THE NEWRY CLINIC

Windsor Avenue, Newry BT34 1EG • Tel: 028 3025 7708
Fax: 028 3026 6291
Email: **appointments@newryclinic.com**

Open Monday to Friday

Services at Newry Private Clinic

The Newry Private Clinic opened its doors for business in September 2004 and has been steadily growing and expanding the range of services provided to patients. The clinic operates within a large detached property just off the main Belfast Road in Newry and offers a warm and welcoming atmosphere valued by our patients. The clinic opens Monday to Friday for a full range of medical services and alternate Saturday morning clinics are available for pregnancy ultrasound scans, Ear Wax Removal Clinic and Speech and Language Clinics.

Here at The Newry Clinic we believe that the combination of clinical excellence, a calming environment and welcoming hospitality delivered at the clinic, creates a relaxing patient experience resulting in a faster and more successful treatment plan. The Newry Clinic offers access to outpatient consultations, modern technology and minor surgical procedures in a personal yet professional atmosphere.

The clinic has four outpatient rooms equipped with the latest technology supported by a dedicated and professional staffing team.

The Newry Clinic has a close relationship with its patients, medical professionals and allied specialists and all our consultants hold local appointments and are registered with the General Medical Council. Our qualified nurses and midwife undergo regular training to update their professional skills to ensure our patients receive only the highest levels of treatment and care.

The Clinic staff are always willing to help and advise any patients who contact us regarding which specialist may be best suited for their needs and the availability of appointments with the identified professional.

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TESTIMONIALS:

My mother who is 80 years old, suffers from terrible arthritis and gout and is very restricted with the medication she can use because of a health problem she has. She started using your Rub last year and she thinks it is absolutely wonderful. Everyone that comes to visit gets to hear about "The Rub" including her doctor and consultants. Thank you so much.

- Anne, Monaghan

I recently suffered acute sciatica, I had been on anti-inflammatory medication with no result. My friend gave me a bottle of "The Rub" and after a few days using it three to four times daily my pain is gone. I also use it for stiff joints and find it fantastic.

- Brid, Ballinasloe

Hi, Dorrie, my husband was diagnosed with Rheumatoid Arthritis and had to come off the medication due to a reaction. He has been using "The Rub" and is delighted with the result. His pain has almost completely gone and it is very easy to apply with no side effects. It's a fantastic natural product and he is delighted to have found something that helps his condition.

- Mary, Limerick

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Especially designed to help with hormonal breakouts to give you that gorgeous pregnancy glow. Deep cleansing and exfoliation is followed by a mind melting facial massage, our brightening serum and the Oxygenating Moisture Mask.

Balancing Facial 60mins £35.00

Mama Mio
pregnancy massage™

"my skin is so smooth"

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega rich oils

Pre Natal Body Massage 60 mins £45.00

Lucky Legs
lighten up™

"perfect present to relieve tired legs'

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

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top to toe™

"now I have a lovely pregnancy glow"

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- Lucky Legs, foot soak, exfoliation and massage

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Maternity Reflexology is a branch of reflexology aimed specifically at women during pre-conception, pregnancy, labour and the post natal period! It stimulates the reflexes to help relieve stress and improve bloody supply to all areas of the body which in turn promotes balance and harmony within the body and throughout pregnancy!

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MILANO - Ham & Pineapple	£5.50	£6.50	£8.50
FABIO - Chicken & Mushroom	£5.50	£6.50	£8.50
NEW YORKER - Beef, Onion, Mushroom	£6.00	£7.00	£9.00
PEPPERONI - double pepperoni, double cheese	£6.00	£7.00	£9.00
TEX BBQ - bbq sauce, chicken, onion, peppers	£6.00	£7.00	£9.00
MEAT FEAST - ham, pepperoni, chicken & bacon	£7.50	£8.50	£10.50
VEGGIE - onion, peppers, sweetcorn & mushrooms	£6.00	£7.00	£9.00
SPICY CHICKEN - chicken, peppers, pineapple and sweet chilli	£6.50	£7.50	£9.50
MAC'S SPECIAL - a little of our most popular toppings	£8.00	£9.00	£12.00
* NEW - **COCK 'n' BULL** - Choice of sauce, Beef Pepperoni, Chicken, Onion, Taco Mince	£8.00	£9.50	£12.50
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CHICKEN CURRY PIZZA	£5.50	£6.50	£8.50
Garlic Bread	£3.00		
Extra toppings	50p	£1.00	

Toppings: ham, mushrooms, pepperoni, chicken, bacon, sweetcorn, peppers, pineapple, cheese, onions, beef

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Large Bottles	£1.80
Cans	80p
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Excessive stress and its associated manifestations of anxiety, panic and overwhelm are at epidemic proportions in modern society, often leading to addiction to tranquilizers, alcohol, etc., or to phobias of everyday skills like shopping, flying or to giving a talk. In short, it leads to a life that doesn't work and can eventually lead to depression or even suicide. And, it doesn't have to be this way! Modern psychotherapists can quickly help anxious individuals to lead a normal life.

Human Givens psychotherapists firstly teach coping techniques which calm the scary symptoms, and lead to their complete disappearance. Then they help the calmer individual to deal with the stressful issues in their lives, without tranquilizers. Almost miraculous results can be produced in a few sessions, even in people who have suffered prolonged symptoms.

UNDERSTANDING ANXIETY, OVERWHELM AND PANIC.

Anxiety results from our body's overuse of an ancient mechanism, the 'fight or flight' response, designed to save our distant ancestors from the threat of attack. The emotional part of the brain, having detected the threat, produces hormones, particularly adrenalin, which prepares the body for serious action.

Unfortunately, our brains still use this mechanism to deal with every day "threats", such as an

over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a previous panic attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of "going crazy," of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenalin overload! People can learn to control this and so recover quickly and completely.

ADRENALIN TOXICITY - THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the "rabbit caught in the headlights of a car". To live a healthy life, we must stop the brain producing excess adrenalin. The initial solution therefore, irrespective of the cause our anxiety, is always to decrease the production of adrenalin by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided-imagery and the "Rewind Technique" which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a Human Givens Psychotherapist. He runs a private practice from 31 Patrick Street Newry. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 028 3025 1798 or 077 3973 1424. For more information see www.paulgranthgtherapy.com

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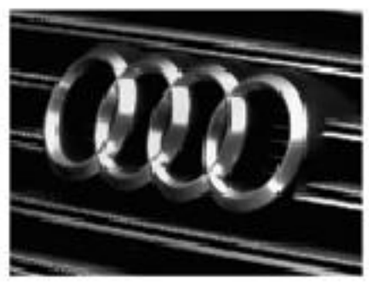

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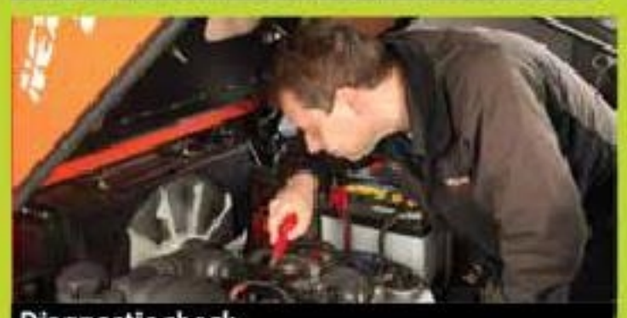
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